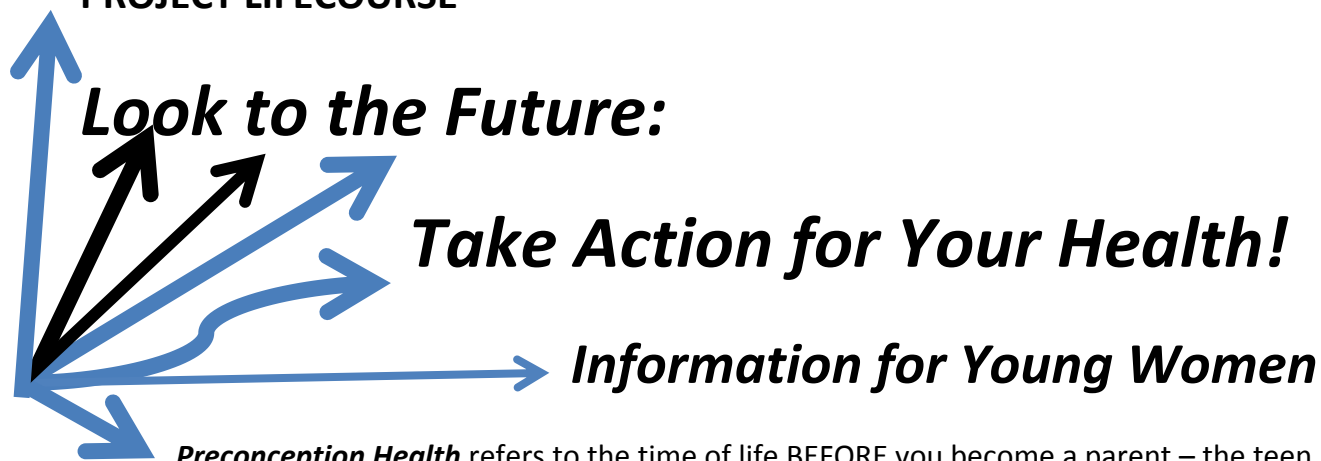


## PROJECT LIFECOURSE



**Preconception Health** refers to the time of life BEFORE you become a parent – the teen and young adult years when starting a family may be the last thing on your mind. Whether or not you plan to have children, taking care of your own health NOW is the best thing you can do to ensure good health for yourself and your future family.

**Learn your family history.** *Learning about your family's health history can help you make a plan for your own health decisions, and those that will affect your future generations. Understand what conditions are in your family.*

**See a doctor every year for a checkup.** *Know and treat any medical conditions you may have. Learn about the lifestyle and behaviors that will help you feel your best. Get vaccinations on the recommended schedule.*

**Strive to have a healthy weight.** *Healthy eating and regular physical activity will extend and improve your life.*

**Take 400 micrograms of Folic Acid each day.** *Folic Acid is a B vitamin often present in multivitamins. Folic acid helps prevent serious birth defects in the brain and spine; to benefit, you must take folic acid before becoming pregnant. Foods rich in folic acid include green leafy vegetables, whole grains, and citrus fruits*

**Brush and floss!** *Caring for your teeth and gums is especially important before and during your reproductive years. See a dentist regularly.*

**Prevent and treat sexually transmitted diseases.** *Get screened before sexual activity with a new partner. Get treated. Protect yourself and your partner.*

**Protect yourself from exposures to toxic substances.** *Synthetic chemicals, metals, fertilizer, bug spray, car exhaust, cleaning chemicals, alcohol, tobacco, drugs, and cat or rodent feces can damage the reproductive system.*

**Get mentally healthy.** *Mental health is how we think, feel, and act as we cope with life. Seek help from a health professional if feelings of anxiety, sadness or stress are interfering with your life.*

**Get help for violence.** *Whether you are struggling to express your feelings in a healthy way, or someone is being violent toward you, violence leaves lifelong physical and emotional scars. Living with violence affects brain development at all ages, beginning at infancy.*

**Make a plan and take action.** *What are the values and resources that are part of your personal vision for a family in the future? What actions will you take?*

# PROJECT LIFECOURSE

## RESOURCES YOU CAN USE:

### SEXUAL HEALTH:

#### Testing for HIV:

Call the AIDS Hotline at 1-800-782-2437 or see the website of the Nebraska AIDS Project <http://state.nap.org/testing>

#### Sexually transmitted disease (STD) services:

Sexually Transmitted Disease Program  
(402) 471-2937 (ask for STD Program) or [www.dhhs.ne.gov](http://www.dhhs.ne.gov) Keyword: *STD*

#### Nebraska's Reproductive Health Title X Family Planning Clinics:

See the program website at [www.dhhs.ne.gov](http://www.dhhs.ne.gov)  
Keyword: *Reproductive Health*

### MENTAL HEALTH:

The 24-hr. Suicide Prevention Hotline is 1-800-273-TALK (1-800-273-8255)

Contact the Nebraska Family Helpline at 1-888-866-8660

Find a Nebraska mental health provider at the Behavioral Health Network of Care [www.dhhs.ne.gov](http://www.dhhs.ne.gov) Keyword: *Network of Care*

### VIOLENCE, ABUSE, AND NEGLECT:

Nebraska's Domestic Violence/Sexual Assault Centers: 1-800-876-6238 or [www.ndvsac.org](http://www.ndvsac.org)

Child/Elder Abuse Hotline  
1-800-652-1999

### TO FIND HEALTH CARE:

#### To locate a provider in your area call:

The Healthy Mothers Healthy Babies Helpline  
1-800-862-1889

#### Nebraska's Federally Qualified Health Centers:

- Charles Drew Health Center – Omaha  
[www.cdhcmedical.com](http://www.cdhcmedical.com) Ph. 402-451-3553
- Community Action Partnership of Western Nebraska Health Center – Gering  
[www.capwn.org](http://www.capwn.org) Ph. 308-632-2540
- Good Neighbor Community Health Center – Columbus [www.ecdhd.com](http://www.ecdhd.com) Ph. 402-563-9224
- Norfolk Community Health Care Clinic – Norfolk and Madison [www.nchcc.com](http://www.nchcc.com)  
Norfolk Ph. 402-644-7314 Madison Phone: 402-454-3304
- OneWorld Community Health Centers, Inc. – Omaha, Plattsmouth  
[www.oneworldomaha.org](http://www.oneworldomaha.org)  
Omaha Ph. 402-505-3907 Plattsmouth Ph. 402-296-2345
- People's Health Center – Lincoln  
[www.phclincn.org](http://www.phclincn.org) Ph. 402-476-1455 ext. 1007

#### Public Health Dental Clinics:

<http://dhhs.ne.gov/publichealth/Documents/NebraskaPublicDentalClinics.pdf>

*This information is adapted from the Centers for Disease Control and Prevention, Preconception Health website.  
For more information, see <http://www.cdc.gov/preconception/men.html>*

